



# RFC WELLNESS NEWSLETTER

## HEALTH is REFLECTION

ALL PREVIOUS MONTHS OF THE RFC WELLNESS NEWSLETTER ARE AVAILABLE ONLINE: [HERE](#)

### INSIDE THIS ISSUE:

- Pose of the Month
- Exercise of the Month
- 11 Questions
- Healthy Habit
- Tweet of the Month
- TED Talk of the Month
- Couples Group
- We Heart Kids!
- One to Watch
- RFC Library
- Quote of Note

\*Watch Here



June is...

LGBTQ+ Pride MONTH\*

Link \*HERE

## Feature of the Month *Pride Month*

### June is LGBTQ+ Pride Month

"Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is celebrated annually in June to honor the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) Americans. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBT Americans were commonly subjected. This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBT Americans.

Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that LGBTQ individuals have had on history locally, nationally, and internationally.

Federal and local policies and practices are increasingly acknowledging and focusing on LGBTQ youth and numerous national advocacy and other organizations are also giving greater attention to LGBTQ youth in their work. Encouraging greater acceptance and support for all youth, including those who are or are perceived to be LGBTQ, will make communities, schools, and other settings safer, better places for all youth." (Youth.Gov)

- Current Groups
- Group Highlight
- Resources
- Help Lines



my heart was broken



# Mindfulness Exercise of the Month

## Mindfulness while brushing Teeth



### Mindfulness while brushing teeth? Wait, what?

In previous editions we have always talked about very specific mindfulness exercises. However, we can bring mindfulness to pretty much any daily activity, such as brushing your teeth. Here is probably how you usually brush your teeth. Vague awareness of picking up your toothbrush and moving it around the mouth. You are on autopilot as you wander around the house, tripping over the cat, looking for your keys, mentally preparing for your first meeting of the day.

#### Let's try this next time you brush your teeth:

- Being mindful of your feet on the floor, the temperature and texture on the soles of your feet
- Mindful of the appearance, smell, flavor and texture of the toothpaste
- Mindful of the arm moving from side to side and the sound of the brush against your teeth
- Mindful of each and every tooth and the sensation of the brush against your gums.

Once you are done, check in with yourself and see if you feel any different.

Link Article [HERE](#)



Interview with Christine Gutierrez, AMFT & Crisis Therapist at Lloyde HS

# 11 Questions

Getting to know the people at RFC a little bit more...

Why 11? Because 10 was not enough!

**1. What was the hardest part for you during the pandemic, what was the best part?**

"The hardest part during the pandemic was not being able to be with family and friends, especially my grandmothers and constantly worrying about their wellbeing. The best part was having to get creative about virtual get togethers to avoid being so isolated all the time and continuing to find ways to connect with each other and celebrate special moments. I also found creative outlets such as painting, doing puzzles and playing board games to keep my mind healthy. Sometimes if my fiance and I needed to get out of the house, we would take a drive to different neighborhoods and admire the homes, which was a nice way for us to bond and imagine our life in the future."

**2. Are you an early bird or night owl?**

"I am an early bird for sure! I love waking up early, getting ready for the day, completing tasks and errands early on so I can enjoy my night and go to sleep by 10."

**3. What is your favorite self-care activity?**

"My favorite self-care activity is giving myself facials while watching my favorite show."

**4. What is your most-used emoji?**

"I use this laughing monkey closing its eyes most."



**5. What is your favorite holiday?**

"I love Thanksgiving because I get to cook with my family! My mom and grandma make our family's favorite dish called, 'Pan con Chumpe,' which is basically a Turkey sandwich with savory meat stuffing. We only get this once a year (twice if we're lucky!), so it's special."

**6. What's the best piece of advice you've ever been given?**

"The best piece of advice I have been given is that I am the only one who can determine my own happiness and not to let anyone or anything get in the way of taking my smile; So keep smiling."

**7. What is the thing about working at RFC that you like the best?**

"I enjoy working at Richstone because it has always been such a warm and welcoming place since I began as a trainee. The staff is always friendly, supportive and always looking for ways to help and provide to the people in the community. So it's nice to work in this kind of environment and be part of a center that does so much because it motivates me to do the same."

**8. Does your current car have a name? If so, what is it?**

"Nope. I named my old car Howie, but then got too attached so I decided not to name my current car."

**9. What was your least favorite food as a child? Do you still hate it, or do you love it now?**

"I did not like a lot of things growing up because I was a VERY picky eater. I remember only eating mac-n-cheese, sandwiches and hard boiled eggs as a kid. Now, I like EVERYTHING...except peas and tomatoes; I still don't like them."

**10. What was the last great movie you saw? Why would you recommend it?**

"The last movie I saw was, 'The Last Kingdom: Seven Kings Must Die.' I definitely recommend it after watching the series on Netflix called, 'The Last Kingdom.' A lot of action and history. It kept me on my toes each episode, and the movie was a nice close to the series."

**11. What is your favorite dessert?**

"It's between Strawberry Shortcake and chocolate ice cream!"

## ONE TO WATCH



Congrats!

Harvard Commencement Address | Harvard 2023 Watch Free: [Here](#)

## RFC Library Pick

"Balloon Breathing Audio"



\*Want to listen to this amazing audio? Head to the Richstone web site and find "Get Help" and click on the "Resources" tab.



my heart was broken,  
you mended it.

# Healthy Habit



## Spend time in Nature



Research has found that spending more time in nature has positive lasting effects on mental health

### Benefits include:

- Can reduce feelings of stress and anger
- Can improve confidence and self-esteem
- Can improve attention
- Can improve emotional regulation
- Can improve mood
- Can improve physical health

and so on and so on....

**Summer is around the corner, let's get out in nature!**

Article on "Spending time in nature" - [HERE](#)

Benefits of Spending Time in Nature Video - [HERE](#)

# TED

Ideas Worth Spreading

## The Power of Positivity | Guy Katz



Watch [HERE](#)

## "Tweety" Read



"Strategies for a Successful Summer Break-  
Child Mind Institute



Link [HERE](#)

RICHSTONE FAMILY CENTER PRESENTS

### Couples Group

Building a long-lasting, fulfilling relationship requires awareness, reflection & tools.

Join us!

**Tools you will gain:**

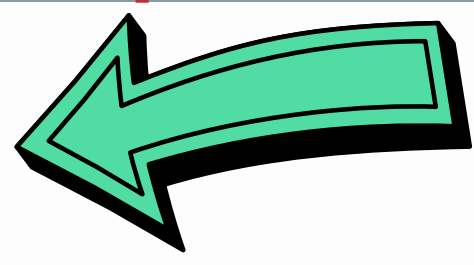
- Improve communication skills.
- De-escalate & repair conflict.
- Enhance trust.
- Deepen empathy & understanding.
- Strengthen connection.

Tuesdays - 7pm

Starting June 20th  
50 minutes  
10 Sessions  
Virtual  
Free

Facilitated by:  
Jessica Brandin, MFT  
Supervised by: Jaymie Miller, LMFT  
Edith Salgado, MFT  
Supervised by Heather Edmonds, LMFT

To Register Call:  
310-970-1921,  
ext. 159  
or ext. 125



## We Heart Kids!

[Pier 360 Summer Kick-Off](#)  
[@ Santa Monica Pier](#)

When: June 24th & 25th  
8am - 7pm

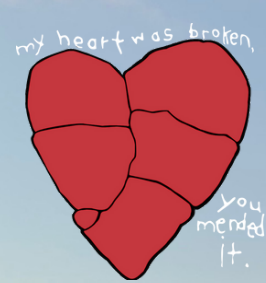
Info [HERE](#)

## Quote of Note

**"We are powerful because we have survived."**

AUDRE LORDE





## RFC Current Groups

Please call Citlali at (310) 970-1921 ext. 101 to sign up.

### **Parenting/Crianza - [online/virtuales]**

- Parenting class (\$15/class) - MONDAY @ 6-7 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - TUESDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - THURSDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - SATURDAY @ 12-1 pm (18 week curriculum) [online]
- Clase para padres (\$15/clase) - MARTES @ 6-7 pm (Clase por 18 semanas) [virtuales]
- Clase para padres (\$15/clase) - MIÉRCOLES @ 5-6 pm (Clase por 18 semanas) [virtuales]

### **Domestic violence/Grupo de apoyo y educación para sobrevivientes de violencia domestica [online/virtuales]**

- Domestic violence class for perpetrators - ages 18+ (\$18/class) - WEDNESDAY @ 5-6 pm (26 or 52 week curriculum) [online]
- Domestic violence class for perpetrators - ages 18+ (\$18/class) - SATURDAY @ 9-10 am (26 or 52 week curriculum) [online]
- Clase de violencia domestica para agresores (\$18/clase) - MIÉRCOLES @ 6-7 pm Clase por 26 o 52 semanas [virtuales]
- Clase de violencia domestica para agresores (\$18/clase) - SÁBADO @ 10-11 am (Clase por 26 o 52 semanas) [virtuales]
- Psychoeducation & support group for intimate partner violence (\$5/class) - MONDAY @ 5-6 pm (15 week curriculum) [online]
- Grupo de apoyo y educación para sobre vivientes de violencia domestica (\$5/clase) - JUEVES @ 6-7 pm (Clase por 15 semanas) [virtuales]

### **Anger management/Manejo de la ira [online/virtuales]**

- Anger management class - ages 18+ (\$18/class) - TUESDAY @ 6-7 pm (15 week curriculum) [online]
- Anger management class - ages 18+ (\$18/class) - THURSDAY @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos - ages 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

### **Health & wellness/Alud & bienestar [online/virtuales]**

- Stress management - ages 18+ - FREE - THURSDAY @ 6-7 pm [online]
- Grief group - ages 18+ - FREE - MONDAY @ 7-8 pm [online]
- Grief group in Spanish - ages 18+ - FREE - THURSDAY @ 10-11 am

### **Children & adolescents/Niños & adolescentes [online/virtuales]**

- Adolescent anger management- ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Baby & Me/Bebé y yo - All Guardians - FREE - Wednesday @ 4pm [online]

**NEW: Couples Group June 20th**  
**Free of Cost - Tuesdays, 7pm - Call to Register**

## Resources

**Food Bank Locator Website - [HERE](#)**

### **American Veteran Inc.**

351 East Temple St. Los Angeles, CA 90012  
Tel: 909-534-5953  
(Hrs: Mon-Fri 9AM to 3PM)

### **Open Door Skid Row Ministry**

419 E. 6th St. Los Angeles, CA 90014  
Tel 661-208-2143  
(Hrs: Sun 4-6PM & Fri 7-9PM)

### **LA County COVID-19 NEWS**

CLICK [HERE](#)

### **LA County Free HEADSPACE Access**

**Headspace is a Meditation and Mindfulness App**

CLICK [HERE](#)

## Hot Lines

### National Suicide & Crisis Lifeline

**988**- Call, Text or Chat

### Teen Line - Online

Teens talking to teens  
Call: 310-855-HOPE (4673)

### Veterans Crisis Line

Call 1-800-273-8255 and Press 1  
Text 838255 or [Chat online](#)

### Los Angeles LGBT Center



Center South  
Call: 323-860-3799

### Department of Children and Family Services

### Child Protection Hotline

Call: 800-540-4000